

# BanburyCake

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High hopes for Banbury's  
WRC Mini – Page 14

Thursday, January 19, 2012

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## The Four Ages of Gymphobics

One thing that strikes visitors to Gymphobics for the first time is the incredible mixture of ages. Not only do members come in all difference shapes and sizes, but they vary in age far more than in 'conventional' gyms. Whilst most members in a conventional gym are in their mid twenties, at Gymphobics the mix is much greater. More and more mothers and daughters now attend, and increasingly so are their Grandmothers! Ages range from as young as twelve to members in their eighties!

And, why not? Gymphobics (people who don't like Gymsnasiums) come in all ages and shapes and sizes. So, what attracts people who would never go to a conventional gym? Members come up with many answers including the friendliness, the close personal attention of staff, the 'air resistance' equipment which makes exercise so easy, the fact that it takes 30 minutes and is an all female environment, the focus on weight loss & figure improvement and the fast results. The most common conventional gyms quite 'intimidating', but at Gymphobics they can feel quite relaxed. We surveyed members of different ages to find out what their primary goals were and the table (below) is a broad summary of what they told us.

### Age Goals

#### Under 17

Often brought along by their mothers concerned about their daughter's lack of physical activity, poor posture and early weight gain. This is also the age to build strong bones and avoid osteoporosis in later life!

#### 18-late 30's

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#### 40-mid 50's

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#### 55 plus

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# Hate Gyms? Love Gymphobics

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On your first visit, you will be shown around and we will answer all your questions. We will even tell you what results you can expect and how long it will take you to achieve your ideal figure and how often you will need to attend. (Most ladies visit us two or three times each week for a 30 minute session.) If you decide to enrol, we will book you in for an induction. This usually takes an hour and is a one to one session with a qualified instructor who has been trained at our own Training Academy. Thereafter, each time you come along an instructor will ensure that you know exactly what you are doing and will gradually upgrade your programme as you gain in fitness and confidence.

## How We Train our Staff

Ever wondered what training instructors receive? At Gymphobics we take training very seriously. That's why we are probably the only gym company in the UK to operate a full time training academy for our staff. The Gym instructors in the UK have received very little formal training. Even the NVQ Qualifications offered by some colleges are little more than an introduction to the subject of programme planning and health and safety guidelines. The Gymphobics staff training programme is designed to produce highly competent instructors with the knowledge, formal training and experience to ensure that members achieve results without the risks associated with ill advised exercise and regimes. Our training academy operates 50 weeks of the year and instructors attend for weeks at a time and go back to their own gyms to study our training manuals and DVD's and gain practical experience. During their first 12 months, instructors will also attend a variety of advanced seminars at

## Amazing Benefits



Every 10 weeks you will be booked in for a reassessment which will show the results you have achieved. Expect to be amazed! We can sculpt your figure and ensure that inches are lost from all the right places. Your metabolism will speed up and you will burn excess fat from all over your body. You will take on a leaner, firmer appearance, your tummy will flatten and your bust will be lifted. Flabby areas around the bum, thighs and back of the arms will disappear. Whatever your age, you will feel great too! Energy levels are dramatically increased within weeks of starting your Gymphobics programme and you will sleep better. Even your digestion will improve. Looking better and feeling better will raise your self esteem. You will grow to like yourself more and be able to face life with new confidence. It is no exaggeration to say that Gymphobics can change your shape and your life!

the academy and take a series of ever more gruelling examinations to ensure they reach the company standards of competence. Our training team is led by sports science graduates. Training includes anatomy, exercise physiology, nutrition, kinesiology, exercise related medical issues, weight loss and metabolism, client counselling etc. The training is ongoing and staff attend refresher seminars and top up their knowledge.

No wonder that the Gymphobics instructors are probably the best in the land and help our members achieve the kind of results which other gyms can only dream of.

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Centre's open day to attract youngsters from all walks of life

# HUB TO SPIN SOME HOPE

By Damian Fantato

**BANBURY'S youth service hub is hoping to reach out to as many people as possible this year.**

The Early Intervention Hub, in Hilton Road, is holding an open day to get as many of the town's unemployed youth back into education or work.

On Saturday, it will be throwing open its doors to show just what's available to

Banbury's youngsters. Community hub worker Janet Cullimore is organising the event.

She said: "We would really like to encourage people from other cultures to come into the hub.

"At the moment we are very white British and it is about breaking some of those barriers and making people from other cultures welcome."

Despite this, the first four months of the hub's existence have been a success.

Its Junior Youth Club, which is for children aged eight and 13, has been so successful it had to be split into two groups.

Ms Cullimore said: "We have had so many people through the door.

"But it is a much needed service in Banbury.

"We all know that numbers of young people not in education, employment or training are high and we are working hard to try to decrease this."

The day will feature live music, a multi-cultural lunch and a dance demonstration as well as a climbing wall.

Opened last September, the brand new centre cost around £3m and includes an art room, a recording studio and a gym.

It was built with the intention of giving Banbury's youngsters easy access to information about activities, services and support.

Louise Chapman, the county council's cabinet member for children and young people, said: "This facility is a real gem for people in Banbury. It is brand new and I would encourage local people to pop along and join in on Saturday to see it for themselves.

"I can promise that visitors will be as impressed with what has been created as I was on my first visit.

"Long may the Banbury hub provide a focal point for the young people of Banbury."

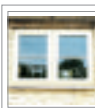


■ The 'aristorats' of the rodent world descended on Kings Sutton at the weekend for the National Fancy Rat Society's annual show. The Millennium Hall was packed as fans paraded their favourite pets  
 Full Story: Page 13

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Viscount Astor

■ David Cameron's stepfather-in-law joins the growing protest

# Drawing battle lines over HS2

By Samantha McGregor

**CAMPAIGNERS will hold a new public meeting to continue their fight against the planned HS2 high-speed railway line as David Cameron's stepfather-in-law condemned the £32.7bn scheme.**

Transport secretary Justine Greening recently confirmed that the HS2 link, between London and Birmingham, had got the go-ahead.

But as the dust starts to settle, the Government faces mounting opposition from residents and councils along the planned route, which skirts villages in North Oxfordshire including Finmere and Mixbury.

Campaigners are set to stage a public meeting and 51M, a group of local authorities, will decide within weeks whether or not to mount a legal challenge.

But more publicly damaging for the Government was the criticism of the scheme in *The Spectator* magazine by Viscount Astor, a Conservative peer and stepfather of the Prime Minister's wife, Samantha.

He said the plan was backed largely by "northern Labour MPs who relish the thought of the beauty of the Chilterns being destroyed".

He said the need for the £32.7bn scheme could be bypassed by modern communications.

Viscount Astor, whose family estate is Oxfordshire's Ginge Manor, said: "There is a perfectly viable alternative, that would be much cheaper and faster to take effect, without destroying a whole swathe of countryside, ruining the lives of thousands.

"Have they not heard of Skype and the Internet?"

He urged Ms Greening to compare HS2 with cheaper options, and to spend the savings on other transport needs.

Two campaign groups have also criticised Ms Greening after she refused repeated requests to meet them and discuss their concerns.

Bernie Douglas, chairman of Villages of Oxfordshire Opposed to HS2 (VoxOpp), said the group had asked her for a meeting several times but were refused.

Asked if the fight was over, he said: "Absolutely not."

He said the group was in talks with Banbury MP Baldry over its next step and would hold a public meeting soon.

Campaign group 51M, made up of 18 councils from along the route, said it was also

refused a meeting with Ms Greening.

Chairman Martin Tett, who is also the leader of Buckinghamshire County Council, said the group would meet soon and decide whether to press ahead with seeking a judicial review.

He said: "We could just decide that's it – but that's very unlikely. Or we could decide to pursue a legal challenge if we are advised that's appropriate.

"In addition, we will carry on campaigning because there's so much wrong with this project."

There is a pot of cash for a fighting fund, in the region of £1m, contributed by the councils, including £50,000 from Cherwell District Council. Oxfordshire County Council is an associate member but has not contributed any cash to the fund.

A DfT spokesman said the Government spoke to almost 30,000 people during a series of public events along the route during the consultation.

He said: "A new high-speed rail network will provide Britain with the additional train seats, connections and speed to stay ahead of the congestion challenge and help create jobs, growth and prosperity for the entire country.

"It is not a decision we have taken lightly or without great consideration."



Bernie Douglas, chairman of Villages of Oxfordshire Opposed to HS2

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# Villagers' concerns over plans Developers in race for homes quota

By Oliver Evans

## TWO controversial homes plans for Middleton Cheney are to go head-to-head in the coming months.

Developers are proposing 54 homes in Main Road and up to 75 in Waters Lane. Council planners have said they will allow 153 new homes and 79 have already been approved in Banbury Lane.

The two plans are now vying to make up the shortfall.

An outline planning application has been put in for Main Road by KB Benfield Group Holdings after one for 133 homes was rejected in 2010.

South Northamptonshire District Council threw out the larger plan and this was upheld on appeal.

Investor Malcolm Rivett said it would have had "damaging and permanent effects on the character of the open countryside".

The developer has told the council the re-submitted plan is "high quality" and "well related" to the area.

David Wilson homes said its Waters Lane plan "offers the best opportunity to deliver the remaining shortfall".

It said residents had raised concerns about the impact of extra traffic, particularly the junction of Waters Lane and Main Road and Waters Lane and the B4525.

There were also concerns about flooding and drainage, the impact on schools and parking.

The firm backed a suggestion of a single access point and said it would give cash for extra school places and flood risks would be assessed.

It also said it would seek more than the 1.5

parking spaces per home set by planners "to reflect the edge-of-village context of the site".

It said it would submit an outline planning application by April 2012 and would start work "as soon as possible" if approved.

Middleton Cheney Community Primary School headteacher Philip Percival said the school could take about 400 pupils and had 338 on its roll.

Space was available for extra classrooms, he said, adding: "We are a village school and we will provide an education for people who come to the village."

The council has already given outline permission for 79 homes at Banbury Lane.

Chairman Paul Browne said: "It is inevitable that Middleton Cheney is going to have to take extra housing."

But the right mix of homes was needed. He said: "Personally, I wouldn't like to see any more in the village."



Benjamin Ball (far left) and Louise Jackson at the cheese and wine tasting event run by international cheese expert Juliet Harbutt OX49875

## Toast to fundraising fun

CHEESE and wine enthusiasts indulged their passion and helped raise money for a primary school's music department.

Last Friday night's cheese and wine masterclass was hosted by food expert and cheese guru Juliet Harbutt.

It raised almost £5,000 for Kingham Primary School, which was hit by the collapse of Harvest Festival organisers Big Wheel Promotions.

The company, which has debts of £1m, owed the school £7,000 for organising the music on the first night of the festival.

Mrs Harbutt said: "It was an amazing night. People were so generous and it had really great atmosphere."

The event had a speed dating

theme, with people asked to match up cheeses and wines and create dating profiles for their creations.

Tory Bramwell, 39, of Kingham, said: "Three of my four children are at the school, so we were obviously there to support the school – but it was great fun as well."

"The money is going directly to a part-time music teacher who runs choirs and does school productions, which is a great extra for the children."

Christopher Kubale, 63, of Bledington, said: "One learnt a great deal and Juliet was amazing."

"These are austere times and if you can help raise money and give people pleasure at the same time I am all for it."

## Banbury Cake

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(Mr Hoque is left on the Photograph)

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**InBRIEF****Local gift-shop jobs are lost**

■ THE Oxfordshire branches of retro-themed gift retailer Past Times have closed with the loss of about 30 jobs.

The store in Banbury was among 47 to be axed by the firm out of 98 nationwide – leading to a total of 400 redundancies.

But the jobs of 50 staff at the company's HQ on Witney's Windrush Industrial Estate are safe for now after bosses successfully applied for a ten-day extension to a notice to appoint administrators while talks continue with potential buyers.

**Reprieve for Millets workers**

■ A LOCAL shop, part of the Black's Leisure group, has been saved after the chain was taken out of administration by sportswear firm JD Sports Fashion.

It paid £20m for 290 outlets, including the Millets camping store in Banbury.

However, the High Street, Banbury branch of lingerie chain La Senza has now closed, with the loss of seven jobs, after the business was taken into administration.

Administrator KPMG said it was among 84 stores and 18 concessions to be axed, resulting in more than half of the 1,300 workers losing their jobs.

# Printing firm struggles to make savings of £2m to stay afloat

## Company asks for a cut in wages by 20 per cent

By Amanda Williams

**HUNDREDS of staff at one of North Oxfordshire's biggest employers have been asked to take a pay cut of up to 20 per cent.**

Giant printing firm BGP said it had made the unusual move to make about £2m worth of savings as it battled the recession.

The company employs about 550 staff at three sites, one in Banbury, as well as Bicester and Buckingham.

Last week, chairman David Holland said that consultation work had now started with staff.

He said: "We have asked everybody to take between ten to 20 per cent pay reduction across the board. That's everybody.

"We're obviously doing this with sadness.

"It's not the kind of thing staff jump up and down with a balloon about."

The employees are not being

asked to reduce their hours and there are currently no plans for redundancy.

Mr Holland said the company – founded in 1973 under the name Goodhead Press – had made losses of £70m over the past five years, triggered by the loss of its contract to print the BT Phone Book, after a deal was instead struck with a rival Spanish company in 2006.

At one point the company was making yearly losses of £18m, although last year that was reduced to £3.5m.

One worker told the *Banbury Cake* that the situation was an extremely worrying time.

She said: "We are all feeling very low and annoyed about it.

"We are being asked to do the same, or more, for less.

"The conditions here have got progressively worse over the last year, and now this. None of us know what to do."

Mr Holland, who has already volunteered to take the pay cut, added that the average BGP worker gets a salary of about £32,000 a year.

An employee committee is being formed to consult on the proposals and determine the percentage of the pay cut. There will then be a secret ballot of all staff to determine whether employees are willing to accept the cut.

If they are not, Mr Holland said there was "no Plan B" alternative at the moment.

Nigel Wild, president of Oxfordshire Chamber of Commerce, said the move was not unheard of, but he did not know of anywhere else in the county that had asked staff to take such a significant cut.

He said: "It tends to be the more responsible companies which do this sort of thing. It's seen as better than making redundancies. Generally, staff do go for it as they work on the basis that 50 per cent of nothing is nothing.

"I think we could see more of this in the coming six months."

The company was last year listed as the 22nd largest employer in the county.



**HAPPIER DAYS:** BGP chairman David Holland



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## Incinerator protest group to disband

A CAMPAIGN group that was set up to fight plans for a giant £100m incinerator in North Oxfordshire is to disband.

Ardley Against the Incinerator (AAI) spent three years opposing an Oxfordshire County Council plan to build an incinerator that would burn up to 300,000 of non-recyclable waste a year.

But in November last year the group lost a final legal bid at the Royal Courts of Justice, London.

Core members of the group will now have to pick up the final bill for legal expenses, about £7,000. AAI spent a total of £57,000 on its legal case alone.

Chairman Jon O'Neill said: "The final step in the legal challenge was expedited and did not allow time for funds to be raised to cover it. Ardley Against Incinerator would like to use this opportunity to publicly thank all those that have supported us — not just from Oxfordshire, but across the whole of the UK."

He said during its three-year campaign residents had been labelled "Nimbys" and the county council accused the group's actions of costing it up to an extra £18m because of delays.

■ Cash injection comes as part of the London Olympics legacy

# £24m boost for sports at schools

By Samantha McGregor

**PUPILS across North Oxfordshire are set to benefit from an extra £24m which will be pumped into school sports as part of the London Olympic legacy.**

The move will guarantee the North Oxfordshire Schools Sports Partnership will run until 2015.

The partnership, which encompasses schools in Banbury, as well as Bicester and Kidlington, faced closure after the Government announced it planned to scrap £162m of national funding.

But the initiative, which was set up to pool resources between primary, secondary and specialist state schools to increase sporting opportunities, was given a two-year reprieve after funding was found to allow it to run until 2013.

Now cash injections of £10m from supermarket Sainsbury's, £14m by the Department of Health and £8m from Sport England will extend funding for school sports organisers up to 2015.

Sainsbury's cash will be used to support a new School Games Competition over the next four years, while the rest of the money will fund the school games organisers.

North Oxfordshire partnership man-

ager Carl Hamilton said: "The announcement is great news for us in North Oxfordshire, where even in the darkest days of last year's comprehensive spending review cuts, we refused to accept that the fantastic transformation in local PE and school sport would come to an end.

"With the tremendous support of our schools and key local partners, we have continued to provide challenging and exciting opportunities for all our youngsters, aimed at inspiring more of them to take part in healthier and active lifestyles.

"This additional funding, which extends our programme until at least 2015, will allow us to impact on thousands more local young people, making physical activity part of their everyday lives."

The North Oxfordshire School Sport Partnership oversees 18,500 children in 56 schools, and runs teacher training, sports activities and competitions for youngsters aged five to 19.

Secretary of State for Culture, Olympics, Media and Sport, Jeremy Hunt, said: "We are absolutely determined to leave a real and lasting legacy for young people from London's Olympic and Paralympic Games, and the Sainsbury's School Games will help do just that."

## Artist who is tied to a way of thinking



BANBURY-based artist Rhiannon Evans followed through a thread of an idea to express herself using string.

Her performance involves her emerging slowly through a veil of different types of threads she has used in other works at Oxford's O3 Gallery.

The Banbury resident said: "My work tries to explore the impossibility of preserving any particular experience.

"The threads become a sort of web of memory."

The performances will take place at the Oxford Castle gallery on Wednesday, February 1, at 6pm and Saturday, February 4, from 2pm.



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■ Mistake will mean a loss of benefits

# Counting cost of a civic error

By Damian Fantato

**CHERWELL District Council is "likely" to lose an estimated £200,000 after a series of errors in administering benefits.**

A report from the Audit Commission, which inspects the efficiency of local government, highlights the number of mistakes made in calculating benefits.

Since these errors take the district council over "the threshold for local authority error" the report says the council "will lose subsidy" as a result.

Andrew Beere, who sits on the council's accounts, audit and risk committee, said: "At the meeting we were told by an officer the council could lose more than £200,000.

"At a time when the council is already making cuts in services, these failings mean Cherwell could have to find another £200,000.

"There is bound to be an

impact on how the council funds some of its services."

Housing benefit and council tax benefit are paid for by the Government, which will only cover losses up to a certain amount.

Since these losses go over that threshold the council must make up the gap itself.

In the report's summary, the mistakes were listed as including errors in the assessment of earnings for both housing benefit and council tax benefit claims and housing benefit claims where entitlement had been awarded from the wrong date.

There were also housing benefit claims where overpayments had been classified as due to claimant error when in fact they were due to an error by the council and council tax benefit claims where earnings from self-employment had been incorrectly assessed.

Cherwell District Council administers a housing benefit and council tax benefit bill worth around £41.4m.

Craig Forsyth, a spokesman for the district council, said the final figure was yet to be confirmed and that the council was trying to minimise the amount lost.

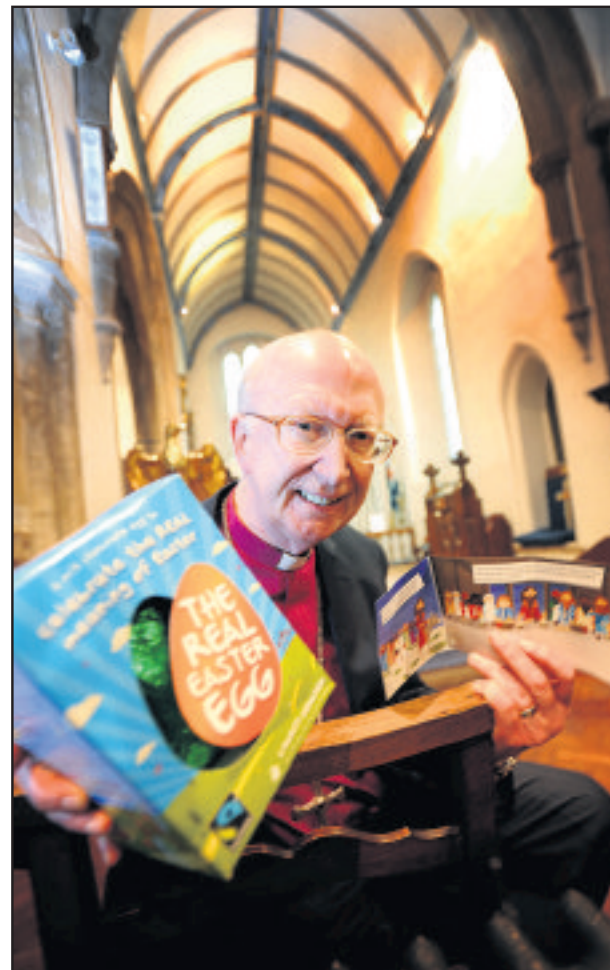
But he added it was "looking likely" that the council would lose some subsidy.

He put the council's position down to one "abnormally large" error in deciding the start date of a claim, which could have distorted the results.

Ken Attack, the council's cabinet member for financial management, said: "Accurate processing of claims is extremely important to Cherwell as we take management of public funds very seriously."

"We acted quickly on the Audit Commission's findings to assess whether the assumed value of errors is accurate or if the single large error has distorted them.

"I am working closely with members of the account, audit and risk committee to monitor progress and arrange for action to ensure this is an isolated issue."



The Bishop of Oxford, the Rt Rev John Pritchard, with the egg

Go on – be a good egg!

A CHOCOLATE egg, telling the Christian story of Easter, is to hit the shelves next month, backed by the Bishop of Oxford.

The Rt Rev John Pritchard has called on congregations to buy the Real Easter Egg after supermarkets agreed to only stock a few when they go on sale.

He said: "It is vitally important that our children are not cheated of the chance to hear the Easter story."

The Fairtrade chocolate egg comes in a box explaining the Easter story and 15p from each of the £3.99 eggs sold will go to the charity Traidcraft Exchange.

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## Charity day of tragic couple

A COUPLE are urging people to go along to a charity fun day and help make it a success in memory of their baby son.

Gemma and Luke Froude will host the second annual Finnley's Day to raise cash for the charity that supported them during his short life.

Finnley was born 12 weeks premature, but died at just 18 weeks as his heart was not strong enough to survive an infection.

On Saturday, January 28, the fun day will mark the tiny tot's second birthday.

Mrs Froude, of Appleby close, Banbury, said: "The event means a lot to us as we feel it is our way of saying thank-you to SSNAP for the help and support they gave us."

So far the couple have raised more than £23,000 for the charity.

The fun day, at Banbury Town Hall, in Bridge Street, runs from 9am to 5pm, where there will be a host of fun stalls.

## 'Crufts' for cute rats

AN event described as Crufts for rats drew dozens of enthusiasts from across the country to King's Sutton at the weekend.

About 50 people attended the event, which saw scores of rats judged on their coat colour, playfulness and build.

The annual show, which was organised by the National Fancy Rat Society, took place at King's Sutton Millennium Hall on Saturday.

Deborah Triff, 47, of Leafield, attended the show with her nine-year-old daughter, Alice.

She said: "There were lots of people there who were passionate about rats and, like with anything, when you meet

people who are so enthusiastic it is infectious.

"We used to own three rats and they were absolutely beautiful pets. They were sweet and affectionate."

Alice said: "I liked seeing all the different rats because they were really cute.

Judge Ellie Thurley, from Staffordshire, said: "We hold shows all over the UK and this was to meet our membership in Oxfordshire.

"It was a great social gathering, and members like to show their rats off.

She added: "Rats are so sociable and so interactive – they are a fabulous pet, especially for small children."

ABOVE: Judge Ellie Thurley casts an expert eye over one of the entries in the National Fancy Rat Society show. TOP, left: Nine-year-old Alice Triff meets one of the rats. TOP right: Show secretary Lisa Harries with two of her prize rats

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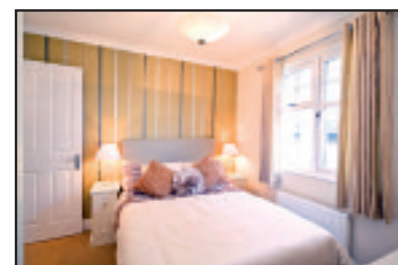


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## Step out of the comfort zone

**HOW do you expect to feel when you're off for a night at the theatre? Enlightened? Ticked? Squirming in your seat and wishing the ground would swallow you up?**

That's the response Peppered Wit are hoping to elicit with 'Awkward!' which launches at the Mill before whisking off around the country, landing at the Edinburgh Fringe.

"Most Brits I know are good at feeling awkward," laughs the play's writer and director Richard Oliver. "I know I am!"

"The play begins as a sort of aimless sitcom, a bit of fun, and then that's turned on its head.

"We want the audience feeling comfortable and laughing before a few shocks push them out of their comfort zone.

"In many ways awkwardness is underexplored. The audience should feel entertained, but by some dark and adult themes they didn't expect."

'Awkward!' centres on Greg and Nina who move house helped by three mates. A drinking session soon loosens everyone's tongues and uncorks a shock that pinballs around the surprising second half. But trying to wrangle clues about what the twist might be results in Richard's poker face.

"I'm not hinting! I've been very protective about the storyline because I know people will get more out of it. It would be great if it was in two acts and then I could take a vote on will happen next."

By Liz Nicholls

The idea germinated over a few drinks when the Peppered Wit team were chatting about taking a play to Edinburgh. Formed largely out of the acting and production talent within the Banbury Cake Players, they knew they had the human resources to create something original enough for the Fringe but needed some edgy material.

"I said we should write something ourselves and Tara [Lacey, actor and founding partner of PW] said, 'get on to that' and I said 'oh sure, I'll direct it as well if you like!'. I didn't realise we were serious," he says.

Cue several nocturnal writing sessions at home for Richard, often joined by one of his five wakeful children. But none of them were allowed to peek over his shoulder, the end material being much too risqué for young eyes.

"If I see any kids coming to premiere, I'll ask them to leave. No children – absolutely not! It is bawdy. There's one particular scene which could have been sponsored by Ann Summers. And Star Wars... All I will say is blokes will use anything as their light sabre."

The mind boggles... But Richard says the characters he created ended up dictating the plot which surprised even him. And the ambience was set thanks to the discovery of a perfect track called *Matilda* by Banbury group Dance a la Plage.

Aside from the Banbury Cake Players castings, Steve Procopiou was recruited to play the lead Greg, a grumpy troubled writer and a character who Richard (somewhat uncomfortably) admits resembles himself.

Richard, a vocal tutor by day, attended St John's and Blessed George Napier schools where he was "always on stage" and was later forced to leave Birmingham School of Speech and Drama after his student grant was cut. After sending in a tape "as a dare", he shone on *Stars In Their Eyes* which led to a friendship with Matthew Kelly and introduction to Ian Adam, the legendary late vocal tutor on such films as *Sweeney Todd* who became his teaching mentor.

Richard has since been on stage with stars such as Julia McKenzie, Michael Ball and Barry Humphries as well as sitting in on rehearsals with Stephen Daldry of *Billy Elliot* fame. But it's the players closer to home who really inspire Richard.

"The BCP and the Mill are both like family and I'm constantly surprised by the talent and kindness of everyone who's been involved.

"The cast have worked hard to nail so many of the scenes. They're buzzing, and on the opening night I'm going to feel very proud, very nervous... and a little bit awkward."

■ 'Awkward!' premieres at 8pm at The Mill Arts Centre on February 1 (Box office: 01295 279 002) with a night at Ruskin College in the next month (tbc), Oxfringe in June, and finishing at the Edinburgh Fringe.



FRIENDS INDEED: 'Awkward!' revolves around five friends

## Brace for battle of the bands

■ Some of Banburyshire's finest unsigned bands are going head to head in a bid to hit the big time. A clutch of groups from the area are battling it out in the first round of the MMG Battle of the Bands contest, and victory could assure them a valuable package of prizes, including recording time, merchandise packages, tours and festival dates. They would also land a place in a national showcase concert – which could see them crowned best new band in the land. The competition includes a heat at the Chapel, Banbury, on February 2, where there will be sets from Quite For the Speaker, White Heather, The Rafter, Lostcords and Zaos. For more details go to [www.majickmusicgroup.com](http://www.majickmusicgroup.com)

■ The Mill Arts Centre gig season kicks-off in true stomping-style this month with a much anticipated show by a barnstorming dance act. Southern Tenant Folk Union are



AT THE MILL: Southern Tenant

among the UK's finest folk/bluegrass bands, and serve up a spicy musical gumbo of banjo, mandolin, fiddle and harmony vocals that sounds like it's fresh out of the USA's Deep South. Mill programme manager Deborah Clarke said "They produce some extraordinary music and, though they're still relatively new as a group, they have made a huge impact with audiences and some of the country's top reviewers. The show, on January 27, follows the release of the

band's fourth album *Pencaitland*. Tickets for the hoedown are £10 (£8 concessions). Call the box office on 01295 279002.

■ Lovers of indie-rock will be in their element at The Red Lion in Brackley this Saturday, when the highly-enjoyable covers band Lock Down take to the stage. The four-piece rock act tackle hits from all your favourite bands – including Oasis, Stereophonics, Chilli Peppers, Radiohead, Blur and Kings of Leon. Expect a lively night of feelgood classics. The fun starts at the Market Square hostelry at 9pm.

■ For something truly different, check out Breakbeat Concerto at the Picturedrome, Northampton. The night sees world-renowned beatboxer REEPS ONE and UK champion turntablist JFB perform with the amazing Breakbeat Orchestra. Doors open at the Kettering Road venue at 8pm. Tickets are £5 in advance or £8 on the door. Call 01604 258666.



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**HAPPY GO LUCKY** 38yr old lady, 5ft1, size 14. I have 2 sons and would like to meet a happy, laid back guy who likes kids. Devizes.. Box **467878 T**

**LOVE TO TALK** Dark-eyed Wiltshire girl, 42, 5'2", enjoys nights out, movies and more, searching for an independent gent, to cosy times and conversation.. Box **113059 T**

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**STARTING FRESH** Separated, caring Witney woman, 43, honest, GSOH, trustworthy, enjoys family life, swimming, music, theatre, cinema and walks, seeking a similar man, kind and sincere, for dates & laughter.. Box **116588 T**

**SOUND GOOD?** Fun, curvy female, 42, brunette, green eyes, looking for genuine, loving guy, I am caring person with gsoh. Likes dining in and out animals... Box **852093 T**

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**SEE FOR YOURSELF** Young 51yr old, 5'5", own house/car, enjoys walking my dog, socialising, affection, seeks male, 44-50 for a long term relationship. Swindon.. Box **104009 T**

**SHARING THE GOOD TIMES** Cheerful female, 48, blonde, hazel eyes, medium build, live & work in Swindon, enjoys travelling, dining in & out, wlm spontaneous guy, for good times.. Box **101568**

**NEW DIRECTION** Swindon girl, 48, 5'5", med build, blonde, enjoys travel, skiing, town life and socialising, searching for an equally interesting man.. Box **108306 T**

**LOTS OF FUN** Blonde, cuddly female, 48, 5ft, pastry chef, with children, searching for a youthful chap, to share life with.. Box **113078 T**

**MORE THAN WORDS** Blonde, brown-eyed Swindon girl, 48, 5', cuddly, shy, quiet and demure, with a GSOH, looking for an honest man.. Box **110968**

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**SHARING THE GOOD TIMES** Cheerful female, 48, blonde, hazel eyes, medium build, live & work in Swindon, enjoys travelling, dining in & out, wlm spontaneous guy, for good times.. Box **101568**

**COUNTRY LADY** Sporty lady, 58, widowed with grown up family. Enjoys walking her 2 dogs and playing bowls for a local team. Seeks similar gent for friendship and romance.. Box **100171 T**

**NICE COMPANY** Attractive female, 59, 5'6", size 12, no ties, N/S, enjoys socialising, travelling, seeks smart guy with no ties, to enjoy life with. Bicester.. Box **100589**

**A TRUE FRIEND** Separated, easygoing female, 59, likes cooking, evenings in/out, seeks friendly male, to enjoy life with. Witney.. Box **100451**

**LOVE IS FOR SHARING** Easygoing, sincere Trowbridge lady, 59, med build, 5'6", GSOH, N/S, enjoys good social life, darts, music, walking & reading, searching for that special guy, N/S and caring for dates & more.. Box **116161 T**

**WIDELSS LOVE** Young 57 from Wiltshire, divorced brunette, n/s, works part time, play darts, love gardening, reading, walking, looking for a gent 49-58, to share life with.. Box **454148**

**ENJOY LIFE** Retired, attractive, slim Oxfordshire lady, 60, searching for a gent, 55-60, to share happy times, friendship and maybe more.. Box **113207**

**GENUINE AND CARING** Oxfordshire widow, 50s, 5ft6, slender build, sociable, caring and well-travelled, searching for a genuine, professional guy, non-smoker, for friendship, maybe lasting love.. Box **466487**

**OUTGOING & ENTHUSIASTIC?** Oxfordshire widow, 58, slender, 5ft6, dark hair, sociable and caring, well travelled, attractive, seeking guy who's caring, professional and considerate.. Box **467516**

**FUN TO BE WITH** Attractive lady, 5'2", 58, very social and enjoys nights out and in, weekends away looking for a man with a gsoh who is fun.. Box **458867**

**STRICTLY BALLROOM** Danceloving lady, 61, 5'6", N/S, who can jive, for friendship and ballroom dancing.. Box **111203**

**SOCIALBE SORT** I'm looking for a sociable man with an active lifestyle for a LTR. I'm 59, tall and blonde, I like walks, cars and gardening. Swindon. Box **452750**

**SOMETHING MEANINGFUL** Outgoing, happy Witney female, 62, tall and slim, many interest such as reading, the countryside, music and dancing, would like to meet a friendly chap for long term relationship.. Box **116615**

**CHATS OVER A PINT?** Country woman looking to meet a loving, dark haired, slim man. I'm 63yrs old, 5'7", slim and fit, love being outside, walking and gardening. Marlborough/Wiltshire. Box **112241 T**

**POSSIBLE RELATIONSHIP** Part-time language teacher from Kidlington, 63, widow, likes walking, gardening, places of interest, dancing, seeking a chatty man for conversations and to laugh together.. Box **115447 T**

**EACH DAY IS A NEW ONE** Widow lady, 64, brown hair, blue/grey eyes, likes walking, reading, watching films, family life, gardening, seeks nice gent, for LTR. Witney. Box **105525**

**THE BETTER THINGS IN LIFE** Divorced Swindon female, 64, 5'5", works part-time, likes walking, travelling and cooking, would like to meet a nice sociable gent, with a good lifestyle, to enjoy life with.. Box **114628 T**

**SO HAPPY TOGETHER** Loving, sincere and attractive lady, 65, cuddly, would like to meet a gent who likes country walks, meals out, social drinks and places of interest for companionship.. Box **114914 T**

**NEW IN TOWN** Easygoing, slim woman, 65, 5'6", blonde, likes jazz, live shows, reading and walks, seeks down-2-earth male, for genuine friendship and more.. Box **100721**

**ONE PIECE MISSING** Young, attractive 65yr old Witney lady, non smoker, likes travelling, cooking, playing bowls, seeking a tall gentleman up to 66, for a long term relationship.. Box **113881**

**LEAD THE WAY** A modern N/S Kidlington lady, 68, 5'7", slim build, likes gardening, reading, cooking, cinema and travel, looking for an interesting gentleman to share days out & eating out.. Box **114769 T**

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**DOWN TO EARTH** Happy-go-lucky female, young 67, slim/medium build, love walking, cooking, gardening, kisses and cuddles, looking for a non-smoking, clean-shaven man, 59-65, for a relationship. Swindon. Box **454288 T**

**GREAT COMPANIONS** Widow lady, 72, likes animals, music, theatre, wlm easygoing gent, 60-70 for companionship maybe more.. Box **104917 T**

**ARE YOU THE LUCKY ONE!** Happy go lucky, solvent Banbury lady, 73, still working, likes travel, going out and about, would like to meet a trustworthy chap to enjoy life together.. Box **115637**

**TAKE A TRIP WITH ME** Open minded Oxford guy, 49, likes all kinds of music, reading, visiting galleries, going to the cinema, eating out, walking and good conversation, wlm a female to share good times with.. Box **115321 T**

**LOVE TO HAVE A LAUGH** Friendly, warm hearted Abingdon male, 49, good sense of humour, would like to meet a caring matured guy, to enjoy good times together, for a long term relationship.. Box **115894 T**

**TIME FOR A CHANGE** Easygoing, active Kidlington male, 50, likes meals out, cinema, country walks and all the things couples do together, looking for that special female, to spend some quality time with.. Box **114479 T**

**MORE IN TIME** Friendly male, 51, 5'5", blue eyes, works with horses, seeking a loving female, 40-60 to settle down with.. Box **104741 T**

**LOTS OF AFFECTION** Divorced, caring, trustworthy male, 51, loves the country life, pubs, history, DIY, motor sports, wlm sincere woman, to settle down with. Wallingford.. Box **102120 T**

**NOT TO BE MISSED** Spontaneous, caring, hard working Oxford guy, 53, likes music, cooking, live bands, good wines, F1 racing, would like to meet a simple woman to share life with.. Box **115773 T**

**KIND AND CONSIDERATE** Asian gent, 53, 5'4", enjoys good company, conversations, eating out, country walks and photography, seeking a lovely lady for long term relationship.. Box **116626 T**

**SEE WHERE IT GOES** Abingdon, honest, trustworthy Confident male, 53, 5'6", medium build, non smoker, seeks a down to earth woman 33-55, for a long term relationship.. Box **117101 T**

**IN IT FOR THE LONG RUN** Genuine bloke, 54, from Didcot, happy go lucky person, looking for a young at heart lady to enjoy life with.. Box **111665 T**

**A FUTURE FILLED WITH LAUGHTER** Divorced, young to heart male, 55, own house in Oxford, likes cinema, theatre, clubs, seeks caring female, for happy times and more.. Box **107632**

**LOVE THE COMPANY** Down to earth male, 55, 5'10", gsoh, many interest, seeks female, 35-60 any race, for fun, laughter and more. Banbury.. Box **104545**

**STAR GAZER** We are all in the gutter but I am a star gazer, if you are a firm fragrant female and would like to meet a surprising fit 55yr old male, I am waiting.. Box **116935 T**

**THE HONEST KIND** Easygoing male, 56, from Oxford, likes cinema, sports, nights in, seeks female for friendship leading to more.. Box **110649**

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**LOVE THE COMPANY** Down to earth male, 55, 5'10", gsoh, many interest, seeks female, 35-60 any race, for fun, laughter and more. Banbury.. Box **104545**

**STAR GAZER** We are all in the gutter but I am a star gazer, if you are a firm fragrant female and would like to meet a surprising fit 55yr old male, I am waiting.. Box **116935 T**

**THE HONEST KIND** Easygoing male, 56, from Oxford, likes cinema, sports, nights in, seeks female for friendship leading to more.. Box **110649**

**SPECIAL EVENINGS** Upbeat Wantage male, 57, likes sports, horse racing and meeting people, looking for a woman with a good sense of humour, 40-50, for friendship hopefully leading to more.. Box **116553 T**

**A FRESH START** Country loving man, 57, 6ft tall, blue eyes, average build. I'd love to meet a nice lady to go out with and have fun again. Abingdon.. Box **463069 T**

**THAT'S CERTAIN SOMEONE** Happy go lucky Oxford male, 62, would love to meet a smart elegant lady who is outgoing and sincere, to settle down into a lasting relationship.. Box **115584 T**

**FROM ONE TO ANOTHER** Sincere, honest, friendly Oxford female, 35, looking for an honest, reliable female 30-40, who likes cinema, walking and shopping, for a possible lasting relationship.. Box **118672 T**

**HOPE THIS WORKS** Cuddly Swindon lady, 46, easygoing and fun to be with, looking for friendship leading to more with a nice, friendly, bubbly woman.. Box **851817 T**

**SOUND LIKE US?** Blue-eyed Wiltshire female, 51, size 22, searching for a fun and adventurous woman, for friendship, fun and good times.. Box **116426 T**

**THE BEST OF FRIENDS?** Friendly, chatty Oxford female, 56, likes chats, coffee, lunch and anything else, looking for males and female for friendship.. Box **116662**

**TWO OF A KIND** Honest male, 40, 6', average build, seeks good looking man, 40-50 for fun, company & more. Oxford. Box **102391**

**RESCUE ME** Friendly Oxford guy, 45, 6ft, 13st, loves the outdoors, cycling and fishing, keeps fit, seeks like-minded, slimish bloke, for good times.. Box **101150**

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**SHARING GOOD TIMES** Upbeat Burford widower, 57, own cars, works full time, likes days in and out, countryside walks, driving, looking for a similar woman for companionship.. Box **117916 T**

**PASSION FLOWER** Young looking 58yr old, 5'9", dark hair, wears glasses, enjoys cinema, bowling, days out, socialising, seeks loving, loyal female, for LTR. Wallingford.. Box **101122 T**

**THE BEST IS YET TO BE** Caring, romantic Bicester male, 59, works full-time, loves weekend away, car boot sales and walking, looking for a lady 48-55 to share life and love with.. Box **118655 T**

**STARTING TOGETHER** Country loving Wallingford widower, 59, 6', grown up children, likes sports, theatre, meals out, 60s music, cooking, would like to meet an easygoing sociable lady, for company and more.. Box **114484 T**

**CONFIDENTIAL** Widowed chap, 59, 5'10", own house/business, Witney based, enjoys music, country walks, pubs, fishing, gardening, seeks outgoing female, to enjoy life again.. Box **107964**

**START SOMETHING SPECIAL** Active male, 60, 5'7", blue eyes, gsoh, likes cinema, theatre, days out, country pubs, meals out, seeks similar female, 54-59 for company & more. Northampton.. Box **104253 T**

**STABLE RELATIONSHIP SOUGHT** Easygoing, non-smoking, divorced Abingdon man, 61, 5'10", average build, would like to meet a nice lady, to share good times together.. Box **114301 T**

**READY TO MOVE ON** Young, caring Didcot guy, 62, 5'9", enjoys the sea, reading and boating, would like to meet a similar lady for companionship.. Box **117043 T**

**SAI AWAY WITH ME** Young 60, I'm a caring guy, 5ft9, full head of hair! I live in Didcot and enjoy the sea, reading, boats. WLTm similar lady.. Box **468137 T**

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# DiCaprio shines in a slow-burning biopic

**J EDGAR** (15, 136 mins)  
Drama/Romance. Leonardo DiCaprio, Armie Hammer, Naomi Watts, Dame Judi Dench, Jeffrey Donovan, Josh Lucas, Geoff Pierson, Ed Westwick. Director: Clint Eastwood.

**DURING** a turbulent and contentious term in power spanning almost 50 years, J Edgar Hoover was instrumental in the fight against mounting crime on the streets of America.

In 1924, he was appointed director of the Bureau of Investigation, which became the FBI, and he threw his weight behind the latest developments in forensic science.

Hoover championed the creation of a centralised fingerprint database that allowed the agency to track offenders across states.

His achievements were considerable but his methods were heavily criticised, including supposed heavy-handed treatment of suspects and secret dossiers on important figures, such as the presidents and their wives, which could be used to strengthen his position on Capitol Hill. As Hoover, played with scenery-chewing gusto by Leonardo DiCaprio in Clint Eastwood's handsomely crafted and slow-burning biopic, tells a close ally, "No one freely shares power in Washington."

Eastwood crafts a meticulous and elegiac portrait of the man, whose professional travails were almost as fascinating as the swirl of rumours surrounding his close relationship with FBI assistant director Clyde Tolson.

Following Hoover's death, Tolson accepted the flag draped over his



Leonardo DiCaprio playing J. Edgar Hoover

Picture: PA Photo/Warner Bros

mentor's coffin and inherited J Edgar's estate.

They are united close to each other in the Congressional Cemetery.

Screenwriter Dustin Lance Black, who won an Academy Award for *Milk*, underpins his history lesson with a tender and chaste romance between the two men.

The film opens with Hoover (DiCaprio) clinging to power, assisted as ever by loyal secretary Helen Gandy (Naomi Watts).

He begins to dictate his memoirs to Agent Smith (Ed Westwick) and drifts back in time in hazy reminiscences to the 1919 bombings which sent shockwaves through Washington DC.

With Clyde (Armie Hammer) by his side, Hoover becomes

embroiled in the ill-fated search for the missing infant son of aviator Charles Lindbergh (Josh Lucas) and clashes with Robert F Kennedy (Jeffrey Donovan).

Away from the corridors of power, Hoover strives tirelessly to impress his domineering mother, Anna Marie (Dame Judi Dench), who instructs him to hold firm when others doubt him: "Faith, Edgar. Don't wilt like a little flower." J Edgar is overlong at 136 minutes and the ageing make-up used to transform DiCaprio into a liver-spotted septuagenarian isn't convincing.

However, his performance is electrifying, eyes burning bright as he tells Clyde: "Sometimes you have to bend the laws a little in order to keep your country safe."

## Music

**FRIDAY: GF Club, Spiceball Park Road, Banbury:** Laurence.

Performing a variety of songs from Jerry Lee Lewis to Bruno Mars! 9pm. 01295 252852.

**Horse and Jockey, Malthouse Lane, Bodicote:** Kitty Band. Playing live. 8.30pm. Free admission. 01295 269549.

**SATURDAY: GF Club, Spiceball Park Road, Banbury:** Cover To Cover. Four-piece band. 9pm. £1. 01295 252852.

**The Fox, Eastone Road, Middle Barton:** Laurence. Performing a variety of songs from Jerry Lee Lewis to Bruno Mars! 9pm. 01869 340338.

## Cinema

**Odeon, Horsefair, Banbury:** Alvin and the Chipmunks - Chipwrecked. U, Sat 10.30am (audio-described). Haywire, 15, daily 4, 6.30, 9pm

(audio-described). Hugo, U, Sat 10am, Sat-Sun 1pm (audio-described). War Horse, 12A, daily 1.30\*, 5\*, 8.20pm\* (audio-described; subtitled Tue 5pm). Senior Screen: Contagion, 12A, Wed doors 10.45am\*, programme 11am\*, ends 1.01pm. Odeon Kids: Rio, PG, Sat programme 11am\*, ends 12.47pm. Box office: 0871 224 4007.

## Theatre

**Mill Arts Centre, Spiceball Park, Banbury:** Until 22, *Snow White and the (Twenty) Seven Dwarfs*. Chervell Theatre Company, with plenty of 'heigh-ho' hilarity. Tue-Fri 1pm, Tue-Sat 7.30pm; Sat-Sun 2.30pm. £9, concession £7. Box office: 01295 279002.

**The Theatre, Spring Street, Chipping Norton:** Jan 19, *The Secret Garden*. A classic tale for families, older children and adults

who fondly remember the book. 7.45pm.

Jan 20, Young-Choon Park (pianist). 7.45pm. A rare opportunity to see a world-class pianist; £14, concession £12.

Box office: 01608 642350.

## Events

**SUNDAY: Quiz,** Horse and Jockey, Malthouse Lane, Bodicote. Prize for each round winner plus overall winner. 8pm. Free admission. 01295 269549.

**WEDNESDAY: Sculpture lessons,** Tooleys Boatyard, Banbury Museum, Spiceball Park Road, Banbury, portrait clay modeling: a seven-week course. 7pm to 9pm. Guiding students through armature building, clay portrait modeling, plaster-mould making and casting in plaster. Call for more details. Suitable for ages 12 and older. 01295 272917.



## Win tickets to the flicks

JUST so you feel like you really are at the movies, the Banbury Cake and Odeon Cinema Banbury have teamed up to offer you the chance to catch up on the latest action blockbusters, sci-fi epics and family favourites.

Yes, every week in the Banbury Cake we'll be offering free tickets to go and see some of the silver screen's must-see movies.

And this week, we're offering a pair of tickets to see *J Edgar*, showing at the Odeon cinema in Horsefair.

To stand a chance of winning, correctly answer the following question:

- What was J. Edgar's surname? Was it -  
a. Dyson?  
b. Hoover?  
c. Dirt-Devil?

Email your answer to [jeremy.smith@nqo.com](mailto:jeremy.smith@nqo.com) by noon, next Monday.

You must include a daytime telephone number as you will be contacted by phone. Normal Newsquest rules apply. The editor's decision is final. Good luck!

## The OXFORDSHIRE WEDDING SHOW

### OXFORDSHIRE'S PREMIER WEDDING EVENT

SUNDAY 4<sup>TH</sup> MARCH 2012  
10.30AM - 4.30PM AT OXFORD TOWN HALL

#### FEATURING:

- 50+ Wedding Experts • Fashion Shows • Goody Bags
- Register to enter 'Win Your Wedding 2012'
- Free Entry • Park at the Redbridge Park and Ride for £1.50 and catch the free vintage shuttle bus service to the Town Hall

**FASHION SHOWS: 12.30PM & 3.00PM**

#### EXHIBITORS INCLUDE:

- Beautiful Chair Cover Hire • Great Experience Travel • Sudbury House Hotel
- The Cake Shop • Proposals Bridal Studio • The Flower Shop
- Lizzie James / Posh Frocks • Peter Casey Jewellery • Blossom Bridal
- Abi Moore Photography • Eynsham Hall • Travel Counsellors
- Tooty Frooty • Jane Murray Photography • Diocese of Oxford
- Randolph Hotel • Murrallford Portraits & Weddings • The Oxford Belfry
- Marriage Network • Rob Wheel Photography • Keates of Witney
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- Elizabeth Melvin Photography • My Little Wrapper • Hanimai
- Tally Ho Hotel • Anna McDonald Bridal Gallery • Celebrations Photo Booths
- Peter Glass Photography • On Cloud Nine • Smooch Wedding Rings
- Dirophotographic • Worton Park • Debenhams • Budds • Nostalgia Travel
- Oxford Town Hall • The Oxford Toastmaster • The Ashmolean Museum

FOR MORE INFORMATION ON THE SHOW VISIT  
[THEOXFORDSHIREWEDDINGSHOW.CO.UK](http://THEOXFORDSHIREWEDDINGSHOW.CO.UK)  
OR TO EXHIBIT CALL RACHEL ON 07974 256249  
OR EMAIL: [RLEGG@NQQ.COM](mailto:RLEGG@NQQ.COM)





# CakeSport

[banburycake.co.uk/sport](http://banburycake.co.uk/sport)

Works Mini looks to repeat rally history made more than 40 years ago

## High hopes for a top Monte return

**RALLY fans will be able to celebrate a double return this week with Banbury's Mini WRC team competing in the Monte Carlo Rally, the first round of the 2012 FIA World Rally Championship.**

Even though the Mini team will be taking part in the event for the first time, this is an event that the original Mini Cooper S won three times in the 1960s, and the rally will be back in the WRC for the first time since 2008.

The Oxfordshire-built cars will be driven by Spaniard Dani Sordo and co-driver Carlos del Barrio in the Mini John Cooper Works WRC number 37, and newcomers to the works team, Frenchman Pierre Campana and co-driver Sabrina de Castelli, in the number 52 sister car. Sordo, a veteran of 91 WRC starts, proved

how quick he was last year by gaining two podiums for the Banbury team in Germany and France in its testing year.

Both drivers were in France last week testing ahead of the event. They then moved locations to where they would be guaranteed snow and the drivers completed half a day each.

Team principal Dave Wilcock said: "It would be incredible to go to the Monte Carlo Rally for the first time in more than 40 years and replicate the feats of the original Mini Coopers in the 1960s.

"However we have to be realistic about this event, where tyre choice on some part snow-covered stages can be a lottery.

"Still, much of the route is new for everyone and we have proved in 2011 just how competitive the Mini John Cooper Works WRC is."



The Mini John Cooper Works WRC in action testing

## Banbury's woe continues

|   |   |
|---|---|
| <b>Banbury Utd</b><br>(Edmond 18)         | 1 |
| <b>Evesham Utd</b><br>(McPike 2, Pugh 70) | 2 |

BANBURY United have now gone five games without an Evo-Stik Southern League Premier Division win, following defeat to Evesham United at Spencer Stadium on Saturday.

They got off to the worst-possible start when Evesham took the lead in the second minute.

The Robins won a corner from the right and James McPike bundled the ball over the line at the near post, with keeper Andy Kemp grasping at thin air.

But Banbury rallied and equalised in the 18th minute when Danny Edmond chased the ball down from the bye-line on the left, and turned in the box to rifle a brilliant right-foot shot over keeper Daniel Platt from 15 yards out.

Edmond almost put Banbury ahead early in the second half, shooting just wide of a post.

And in the same attack, Joe Cole had two shots blocked on the Evesham line before firing a third wide.

However, it was the Robins who broke the deadlock in the 70th minute when Benjamin Pugh netted from close in after Kemp had failed to hold a shot.

**Banbury Utd:** Kemp, Richardson (Fraser 59), Kinch, Dolman, Chilton, Thackeray, Williams, Cole, Blake, Edmond, Polk (Howell 84). Subs not used: Eyre, Lamb, Lamb-Johnson. **Attendance:** 198.

### STARS with Claire Petulengro

Service provided by IMS Leeds LS1 8LB. Calls cost 60p per minute at all times.

#### ARIES

**Mar 21-Apr 19**

This Monday's New Moon helps you move on from the past and find peace with it. It's now time to focus on the future my friend and to make your dreams a reality. Time spent with family also helps you to find happier times and you're finally working as part of a team. Surprise visitors or phone calls at the weekend bring exciting news. Give me a call now for a major prediction on love.

**0906 585 4360**

#### LIBRA

**Sep 23-Oct 22**

The way you look at life has changed and where previously you only saw problems, now you will be able to see solutions. An ex is on your mind and you may have to contact them or someone close to them in order to get closure on a certain matter. Your ruling planet Venus promises an array of compatible faces, so keep your eyes peeled. Ring me now for more on this very dramatic week.

**0906 585 4366**

#### TAURUS

**Apr 20-May 20**

If you can ensure that you stick to your original game plan this week then success is sure to be yours my friend. Last month you spent most of your time clearing up other peoples' mistakes but it now seems that you finally get time to get your own life and affairs in order. Travel is well started and should mark the beginning of an exciting project. Call my star line now for more predictions.

**0906 585 4361**

#### SCORPIO

**Oct 23-Nov 21**

Monday's New Moon helps you to find peace in a matter which has been the source of stress over recent months. You've done a lot of growing up lately Scorpio and you're about to benefit from all you've learned. News of an engagement or wedding gives you cause to question your own situation. Give me a call now to hear which sign of the zodiac would make your perfect partner.

**0906 585 4367**

#### GEMINI

**May 21-Jun 20**

Your time does not seem to be your own and it would appear that you've become a victim of emotional blackmail. Time to stand up for yourself my friend, before you get pushed into things which are not so easy to get out of. You're allowed to have your own opinion. Beware! Talks on Friday can help you voice your true opinion without losing friends. Ring now for your full reading.

**0906 585 4362**

#### SAGITTARIUS

**Nov 22-Dec 21**

Last month the word commitment scared the life out of you. Now though, you're getting used to the idea and you're no longer frightened by it. Don't rule out making changes in your career which require some sort of training or study. It's sure to be the making of you both professionally and financially. Give me a call now to hear why it's worth making friends of current enemies.

**0906 585 4368**

#### CANCER

**Jun 21-Jul 22**

New people enter your circle and make your life a more interesting place to be. Mercury plays games with your arrangements so be prepared to be flexible and ready for last minute changes. A sense of humour this week will serve you very well indeed. An apology is needed if you are to get back on track with a family member. Give me a call now for an important message from Uranus.

**0906 585 4363**

#### CAPRICORN

**Dec 22-Jan 19**

You don't seem to have the freedom to make your own choices at the moment and it would seem that someone close to you seems to know exactly how to manipulate you. Time spent with old friends help you realise what you want out of life. You need to assert your independence my friend and events on Tuesday offer you the chance to do so. Call now so I can boost your confidence.

**0906 585 4369**

#### LEO

**Jul 23-Aug 22**

Money worries are on your mind, but it's no good throwing good money after bad. You need to make time this week to look at the cold hard facts because solutions are available. Time spent with a Virgo can help you work out what did or did not go on last month. Beware! Listening to rumours at the weekend or it could be your downfall. Call me now and I'll tell you who your soul mate is.

**0906 585 4364**

#### AQUARIUS

**Jan 20-Feb 18**

With a lovely New Moon on Monday to help you gain clarity and understanding you should no longer have to go to third parties to try and get answers. Trips you make in the name of business should go in your favour, especially if you are honest with your questions and replies. Use Thursday to make that phone call you've been avoiding. Ring now and I'll tell you more.

**0906 585 4370**

#### VIRGO

**Aug 23-Sep 22**

You think there is no solution to your problems but you are wrong my friend. The stars are on hand this week to offer you clarity and clear thinking. All you have to do is face the facts and not give in to the temptation to believe hearsay. Foreign contacts prove really lucky for you in business and should be followed up, even if it means going out of your way. Call now for insight.

**0906 585 4365**

#### PISCES

**Feb 19-Mar 20**

Things have not been going to plan on the personal front, but they can if you admit what you really want instead of talking in riddles. Pisces. Time spent with family this week helps you to take stock and to work out what it really is you want from life and where you are going. Telling others secrets will come back on you, so don't do it. Call me now to hear what your priorities should be.

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# CakeProperty

banburycake.co.uk/homes

## Restored to luxury living

By Gill Oliver

**MANY buyers are attracted to character village properties but the costs of maintenance and possible restoration can be a deterrent.**

But Beech House, a Grade II listed farmhouse which has just come on to the market in the charming village of Overthorpe, blends the best of both worlds.

While it dates back to the 17th century, it has been fully modernised and refurbished to provide period living without

the pain. The five-bedroom property is set in a conservation area of the village and includes many original features, such as beamed ceilings, an inglenook fireplace, window seats, flagstone floors and an original elm staircase.

The entrance hall has a stone floor and inglenook fireplace with bread oven.

Formerly a barn attached to the house, the kitchen has a vaulted ceiling and French doors to two sides.

There is also a mezzanine sitting room, dining room and study, plus a former cellar used

as a playroom. Upstairs the master bedroom has an ensuite shower and there are two more bedrooms and a bathroom.

Next to the house is a detached stone barn used as a double garage, home office and for storage but which agents say could easily be converted into extra living space.

Beech House is on the market for £1.05m.

For more information, or to arrange a viewing, contact agents Strutt & Parker on 01295 672093 or visit [struttandparker.com](http://struttandparker.com)



Beech House, Overthorpe, a restored Grade II-listed farmhouse



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Miller Road

• This good size three bedroom semi detached home offers - Good size Kitchen, lounge diner with double aspect, family bathroom Outerhouse with storage and w.c, Large garden, Off road parking. • This property would benefit from updating.



£299,950

Bentley Close

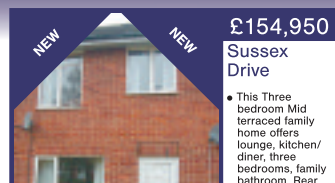
• Four bedroom detached home set on a corner plot, Lounge, Dining room, Ground floor w.c, Conservatory, Kitchen, Family bathroom, Ensuite shower to main bedroom, Double garage, Good size garden with pond and hot tub.



£159,500

Hastings Road

• This good size three bedroom family home set on a corner plot offers - Lounge, Dining room, Kitchen, Main bathroom with separate W.C, Low maintenance rear garden, good size front garden with garage and driveway.



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Sussex Drive

• This Three bedroom Mid terraced family home offers - Lounge, kitchen/diner, three bedrooms, family bathroom, Rear garden and parking, double glazed and gas central heating. Popular area close to shops, schools and a bus route.



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Waltham Gardens

• This Two bedroom home offers - Kitchen, Lounge/diner, Bathroom, Enclosed garden, Parking, Close to M40, Train station and the town centre. Ideal for first time buyers and investment



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Warwick Road

• This property offers - Three bedrooms - Two reception rooms Kitchen Bathroom Garden Close to the town centre No chain Would benefit from some modernisation Gas central heating Double glazing



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Orchard Way

• This Two double bedroom property offers - Lounge/diner, Kitchen, Bathroom, Good size Enclosed Garden No Chain, Mid Terrace, Gas central heating. Would benefit from some updating.



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## FED UP SELLERS TURN TO RENTING

According to Home.co.uk, which uses data from virtually every property portal and website in the UK, Houses are taking longer to sell than at any time for at least six years, spending an average of five months on the market. Before the credit crunch, average time on the market was two months.

And Home says that last year, asking prices barely changed, moving up by just 0.6%. The site is predicting a slow market this year, accompanied by slowly falling prices.

The site said: "It is becoming clear that the seasonal slowdown is more severe than this time last year."cent;\*\*

In contrast, the supply of rental property is unable

to keep up with tenant demand especially for 1,2 and 4 bedroom homes yet there is stronger supply of 3 bedroom homes.

Tenants generally are staying put longer although becoming wary of signing up for long tenancy agreements due to economic uncertainty. Recognising a property will be their long term home, tenants are becoming increasingly keen on well presented properties and avoid those which are starting to become tired so ongoing and regular maintenance remains key for landlords.

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#### Broome Way £775pcm



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A 3 bedroom town house which benefits from a rear garden. Located close to the town centre and train station. Available: 20/02

#### Duns Tew £720pcm



A well presented 2 bedroom semi-detached bungalow in a quiet village location. The property benefits from front and rear gardens and a single garage. Available: 20/02

#### Thorpe Mandeville £550pcm



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**If you can't make it on the day, don't worry - simply call 01295 267906 for an informal chat.**

Successful applicants will be required to undertake an enhanced disclosure check and a check against the ISA Vulnerable Adults list through the Criminal Records Bureau. However a criminal record may not necessarily bar you from employment. Hft is committed to equal opportunities and welcomes applications from all sections of the community.

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# Cake Motoring

banburycake.co.uk/cars

## DS delivers with designer styling

By David Duffy

Some cars are a delight for people who like to fiddle with settings. I know because I am one of them. On that score alone, Citroën's civilised DS4 is a driver's dream.

Strongly sculpted, with a confident, distinctive stance, the DS4 has a real raised road presence, but its major feature is its interior, which can be individually adjusted to suit your taste.

For such a compact car, the cabin exudes a designer label sense of quality and attention to detail expected on a much larger vehicle.

You feel instantly connected with the car, thanks to a driving position that puts you right at the heart of the action.

In front of you is a chunky, racing-style, flat-bottomed steering wheel sprayed with a dozen buttons and four roller switches. There are touches of luxury throughout such as the chrome detailing on the air vent surrounds, instrument cluster, gearlever and centre console.

The upmarket test model also came with sporty, aluminium-drilled pedals, embossed leather door handles and ambient lighting.

The dashboard blends analogue dials with digital displays, and the three instrument binnacles glow

bright blue — or white if that takes your fancy — and the speedometer needle moves around the central binnacle instead of sitting at its centre. Above you, a panoramic wind-screen extends high over the heads of the driver and front seat passenger which is revealed by sliding back the front sun visors.

Front heated seats, finished in leather, are large, supportive and adjustable for side and lumbar support, and even come with a massage function.

The cabin is as practical as it is good looking, with plenty of storage space, from wide door bins to a raised centre console, with a cooled compartment that holds up to four 50-cl bottles.

The DS4, with its chrome-finished waistline, dark tinted windows and striking daylight running light strips, is the second model in the distinctive DS line, and has already been



**COUPE STYLE:** Citroën's DS4 has light, taut and predictable handling

voted "Most Beautiful Car of the Year" in an Internet poll.

Combining coupé-style with five-door flexibility, the DS4, drives as well as it looks, with light, taut and predictable handling.

As you would expect with a car that is challenging the likes of the Alfa Romeo Giulietta, BMW 1-Series and Audi A3 Sportback, it is satisfyingly quiet, comfortable and thoroughly refined, whether on uncared-for country roads, or smooth motorways.

### Auto facts

**Model:** Citroën DS4 DStyle HDi 160  
**Price:** £22,950  
**Insurance group:** 23E (1-50)  
**Fuel consumption (Combined):** 55.4mpg  
**Top speed:** 132mph  
**Length:** 427.5cm/168.3in  
**Width:** 181cm/71.2in  
**Luggage capacity:** 13.6 cu ft  
**Fuel tank capacity:** 13.2 gallons/60 litres  
**CO<sub>2</sub> emissions:** 134g/km  
**Warranty:** Three years/60,000 miles

## Usedcarscene

## Mobile security checks prove more popular

USED-CAR buyers keen to protect themselves from buying a written off, stolen, clocked or financed vehicle are making use of the mobile-enabled HPI check.

Available on iPhone, iPad and Android smartphones, some 80 per cent more HPI checks were conducted by either iPhone or iPad devices during the second half of 2011.

Consumers can use technology to check the history of the vehicle, inputting its vehicle registration number and 17-digit vehicle identification number while actually walking

around the vehicle and looking under its bonnet.

"Our figures show that more and more consumers are turning to smartphones and other mobile devices, such as iPads and iPhones, when it comes to shopping for cars," said Kristian Welch, consumer services director for HPI.

"We recognised the importance of this new technology some time ago and adapted our online HPI check to be fully functional as a mobile-enabled browser early in 2011."

Meanwhile, Nissan's Qashqai crossover has been voted Used

Car of the Year by industry analysts at CAP — for the second year in a row.

A panel of judges comprising of used car market and vehicle valuation experts at CAP said: "The Nissan Qashqai has created an entirely new 'crossover' sector and prompted other manufacturers to follow by marrying the practicality of a people carrier with the looks of a quality 4x4. "By achieving this in a package that also offers economy, handling, strong build quality and reliability, the Qashqai has become the perfect used car."

## Wheelsanddeals

■ ANTELOPE of Banbury Nissan has been announced as one of the first dealerships in the UK to offer the new Nissan CARED4 programme which offers a package on new used cars. It makes four promises: detailed checks as standard; a minimum 12 months' warranty; an exchange promise, under which buyers are given the confidence of a 30-day/1,000-mile vehicle exchange, and a commitment that includes Nissan roadside assistance service and repair price match guarantee and a free courtesy car.

■ INITIAL details have been announced for the revised 2012 Renault Scénic and Grand Scénic ranges, including new styling and more economical engines. On the outside, the new cars will have LED daytime running lights as standard, as well as gloss black and chrome features and details. Orders will be taken from February 1, with deliveries starting in March. Full details are set to be released closer to the time.

■ MITSUBISHI has added a new twist of style to its Shogun 4x4 by adding the special edition Black to the range. Using the 3.2 Di-D LWB Shogun SG4 as a starting point, the Shogun Black adds a distinctive styling kit finished in black with alloy wheels, front grill, headlamp surrounds, roof, spoiler, door mirrors and handles plus side steps. It comes in a choice of five metallic exterior colours too, while under the bonnet the 197bhp 3.2-litre diesel engine remains unchanged. The Shogun Black is priced £1,000 above the standard model at £41,999 — good value considering the metallic paint option on a standard Shogun is £540.

## Family Business LOWER ARNCOTT Established 1972 CAR SALES

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|------|----|--|--|------------------|
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| 2002 | 02 | TOYOTA PREVIA GLS D4D. DIESEL.                         | 7 Seater. Silver. One private local lady owner from new. Excellent condition. Good service history. Approximately 80000 recorded miles. Alloys. PAS. Aircon. Electric windows. Radio CD Player. Roof rails. Sold with a new MOT a full service and a new cambelt. HPI Clear .....                          | Arriving Weekend |
| 2004 | 54 | HONDA CIVIC 1.3 EXECUTIVE IMA (petrol/electric) HYBRID | 4 door saloon, metallic blue, one owner, approximately 62,000 miles, FSH, leather interior, alloys, PAS, aircon, electric windows and mirrors, radio/CD, heated seats. Remarkable fuel economy, with Hondays reliability. Road tax £35 per year, sold with a new MOT, full service and a new cambelt ..... | £4495            |
| 2003 | 53 | HONDA CIVIC 1.6 'INSPIRE' S.                           | 5 Doors. Metallic light blue. Approximately 58000 recorded miles. Excellent service record. PAS. Electric windows. Remote central locking. Electric heated door mirrors. Aircon. Radio/CD. Local car. Lovely condition throughout. Sold with a new MOT a full service and a new cambelt. HPI Clear .....   | £3695            |
| 2005 | 05 | NISSAN MICRA 'URBIS'.                                  | 3 door met silver, alloys, remote central locking, PAS, air con, electric windows, approx 50,000 recorded miles, lovely condition, sold with a new MOT, full service and a new cambelt .....   | £3650            |
| 2001 | 51 | SUBARU IMPREZZA WRX ESTATE 4WD.                        | Silver. Local car. Excellent condition throughout. Good service history. Alloys. PAS. Electric windows. Electric door mirrors. Radio/CD/Cassette. Sold with a new MOT a full service and a new cambelt. HPI Clear .....  | £2995            |
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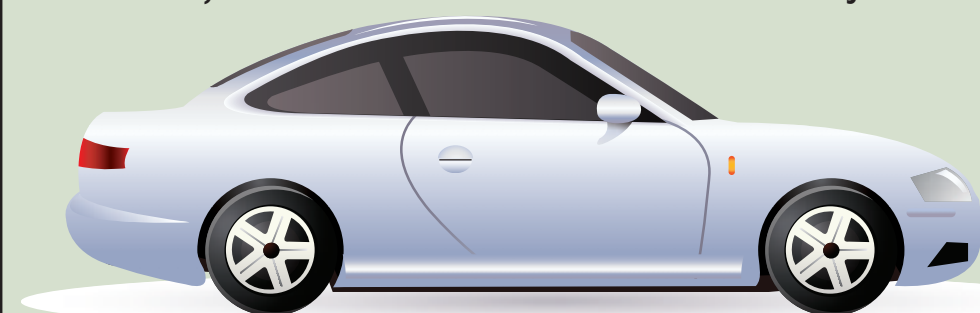
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| <b>Alfa</b>   |        |  |
| Alfa Romeo Spider V6 Q4 3.2 Convertible, 2006, Brilliant black, 14000 mls, air con, alloys, e/roof, CD player, leather, aluminium pack .....  | £11799 |  |
| <b>Audi</b>   |        |  |
| Audi A3 1.8 Sport Sportback Auto, 2007/57, Metallic Grey, 29000 mls, climate control, alloys, CD, r/lock, radio stereo, folding seats .....   | £9999  |  |
| Audi A4 2.0T FSI SE 2005/55, Metallic Blue, 52000 mls climate control, alloys, r/lock, CD player, air bags .....  | £7399  |  |
| Audi A4 2.4 SE, 2004, Brilliant Black, 40000 mls, leather, climate control, alloys, CD, r/lock, e/window .....  | £5499  |  |
| Audi A4 Convertible 3.0 Quattro Sport, 2004, Metallic Blue, 63000 mls, leather, alloys, CD, air con .....   | £6499  |  |
| Audi A4 3.0 Sport Auto Convertible, 2003, Metallic silver Mink, 64000 mls, leather, electric roof, tints CD, alloys, rear rests, .....  | £5999  |  |
| Audi A6 2.0 TDI SE Auto, 2007/57, Metallic Blue, 81000 mls, climate, sat nav, telephone, alloys, Cruise control, r/lock, tints, .....   | £8999  |  |
| <b>BMW</b>  |        |  |
| BMW 316 1 TI SE Compact, 2004/54, Metallic Blue, 21000 mls, air con, alloys, CD, m/f wheel, PDC, .....  | £5999  |  |
| BMW 316i Se 16V Saloon, 2003, Metallic Silver, 34000 mls, air con, alloys, CD, r/lock, rear rests .....   | £5499  |  |
| BMW 325i SE Auto, 2006/56, Metallic Blue, 55000 mls, leather, air con, alloys, CD, cruise, r/lock, tints, .....   | £6999  |  |
| BMW 325i SE Auto Convertible, 2007, Metallic Grey, 51000 mls, leather, air con, sat nav, 18 inch alloys, cruise, e/roof, e/seats, .....   | £15999 |  |
| BMW 325i SE Auto, 2006/56, Metallic Blue, 55000 mls, leather, air con, alloys, CD, cruise, e/windows, .....   | £8999  |  |
| BMW 325iSE Saloon 2005/55, Metallic Silver, 26000 mls, climate, cruise, alloys, electrics .....   | £9299  |  |
| BMW 320 Diesel, 2007/57, Metallic Grey, 60000 mls, climate control, alloys, CD, r/lock, cruise control, fogs, r/lock, e, windows, mirrors, tints .....                                      | £9899  |  |
| BMW 330i SE Sport Coupe, 2005/55, Metallic Grey, 55000 mls, leather, alloys, CD, cruise, climate, r/lock .....  | £8499  |  |
| BMW 34 2.5 Se Auto, 2005/55, Metallic Silver, 30000 mls, leather, heated seats, CD, e/roof, alloys .....  | £10499 |  |
| BMW 34 2.5 Roadster Auto, 2003, Metallic Grey, 59000 mls, leather, e/roof, alloys, CD, fogs, r/lock .....   | £6999  |  |
| BMW 34 2.0 SE Convertible, 2007/57, Metallic Silver, 29000 mls, air con, alloys, CD, r/lock, CD .....   | £8999  |  |
| BMW 545i 1 SE Auto, 2004, Metallic Grey, 61000 mls, leather, sat nav, alloys, CD, cruise, l drive, PDC .....  | £7999  |  |
| BMW 525 Diesel M Sport Estate Auto, 2006/56, Metallic Grey, 63000 mls, sat nav, leather, alloys, CD, 1 drive, air bags, climate control, cruise, sports trim .....                          | £13499 |  |
| BMW 730 Diesel Sport Auto, 2005, Metallic Grey, 74000 mls, leather, sat nav, cruise, alloys, CD, electric seats, r/lock, wood pack, .....   | £11799 |  |
| BMW X3 2.5i Sport Auto, 2004/54, Metallic Silver, 56000 mls, climate control, alloys, leather, CD, .....  | £8999  |  |
| BMW X5 3.0 D Sport Estate Auto, 2004/54, Metallic Silver, 64000 mls, leather, sat nav, e/seats, sunroof, r/lock, cruise control .....   | £12999 |  |
| BMW X5 2.9 Diesel Sport, 2002, Metallic Silver, 58000 mls, leather, climate, sat nav, alloys, CD, cruise .....  | £9499  |  |
| <b>Citroen</b>  |        |  |
| Citroen C4 2.0 VTR+, 2005/55, Metallic Blue, 48000 mls, air con, alloys, r/lock, CD, fogs, tints .....  | £3799  |  |
| <b>Chrysler</b>   |        |  |
| Chrysler Grand Voyager 2.8 CRD Signature Auto, 2007, Metallic Silver, 44000 mls, stow and go, electric doors, alloys, rear entertainment, air con, CD, cruise, .....                        | £10999 |  |
| Chrysler 300 V6 CRD Auto saloon, 2007/57, Metallic Blue, 62000 mls, leather, e/seats, air con, r/lock, CD, cruise control, alloys, multifunction wheel, .....                               | £8999  |  |
| Chrysler Grand Voyager 2.8 Exec SE Auto, 2007/57, Metallic Silver, 46000 mls, stow and go, rear ent pack, leather, electric doors, alloys, air con, CD, cruise, .....                       | £11999 |  |
| <b>Jeep</b>   |        |  |
| Jeep Commander 3.0 C Ltd Diesel, 2007, Brilliant Black, 58000 mls, leather, air con, alloys, CD, cruise, 7 seats, e/windows, mirrors, folding seats, .....                                  | £11999 |  |
| Jeep Patriot 2.4 Limited, 2008/58, Metallic Silver, 14000 mls, leather, cruise control, CD, alloys, roof rails, r/lock, air bags, electric seats .....                                      | £9499  |  |
| Jeep Patriot 2.4 Limited, 2008/58, Metallic Silver, 18000 mls, leather, cruise control, CD, alloys, roof rails, r/lock, air bags, electric seats .....                                      | £9499  |  |
| Jeep Patriot 2.4 Limited, 2008/58, Metallic Silver, 15000 mls, leather, cruise control, CD, alloys, roof rails, r/lock, air bags, electric seats .....                                      | £9499  |  |
| Jeep Patriot 2.4 Limited, 2008/58, Metallic Silver, 16000 mls, leather, cruise control, CD, alloys, roof rails, r/lock, air bags, electric seats .....                                      | £9499  |  |
| Jeep Patriot 2.4 Limited, 2008/58, Metallic Silver, 18000 mls, leather, cruise control, CD, alloys, roof rails, r/lock, air bags, electric seats .....                                      | £9499  |  |
| Jeep Patriot 2.4 Sport 2008/58, Metallic Green, 21000 mls, air con, alloys, CD, r/lock, roof rails .....  | £8499  |  |
| <b>Jaguar</b>   |        |  |
| Jaguar X Type 2.1 V6 Se, 2003/53, Metallic Blue, 49000 mls, leather, air con, alloys, tints, fogs .....   | £3999  |  |
| Jaguar X Type 2.2 Diesel Se Auto, 2009 Model, Metallic Blue, 86000 mls, cream, leather, air con, alloys, alloys, radio CD player, PDC, r/lock .....   | £9299  |  |
| Jaguar X Type 2.2 Se Diesel, 2007/57, Metallic Blue, 72000 mls, sat nav, leather, air con, e/seats, cruise, PDC, e/windows, mirrors, tilt wheel, headlamp wash, diamond cut grill, .....    | £7499  |  |
| Jaguar XTYPE Diesel Estate, 2009 Mod, Metallic Grey, 59000 mls, leather, sat nav, alloys, CD, r/lock .....  | £10999 |  |
| Jaguar S Type 2.5 Auto, 2005, Metallic Blue, 38000 mls, leather, air con, alloys, CD, cruise, r/lock .....  | £6499  |  |
| Jaguar S Type 2.5 V6 Sport Auto, 2002, Metallic Silver, 55000 mls, Leather, climate, alloys, electrics .....  | £4799  |  |
| Jaguar S Type Auto, 2004/54, Metallic Blue, 49000 mls, leather, alloys, CD, cruise, r/lock, air con, rear rests, .....  | £6699  |  |
| Jaguar XK8 4.0 Supercharged Convertible, 2002, Brilliant Black, 90000 mls, leather, cruise control, sat nav, cruise control, e/roof, alloys, CD player, r/lock, e/seats, memory seats ..... | £11399 |  |
| Jaguar XK Supercharged Convertible, 1999, Brilliant Red, 102000 mls, Leather, e/roof, alloys, CD, r/lock e/seats, private pit, .....  | £7999  |  |
| Jaguar XJ V6 3.0 Se Auto, 2004/54, Metallic Blue, 90000 mls, leather, alloys, air con, CD, fogs, cruise .....   | £6899  |  |
| Jaguar XJ 3.0 V8 Sovereign Auto, 2006/56, Metallic Grey, 60000 mls, sat nav, alloys, CD, electric seats, air con, cruise, memory, mirrors, seats, and steering wheel, .....                 | £10999 |  |
| <b>Ford</b>   |        |  |
| Ford Street Ka 1.6 Convertible, 2005, Metallic Green, 36000 mls, leather, alloys, CD, e/windows, fogs .....   | £4299  |  |
| Ford Street Ka 1.6 Convertible, 2005/55, Metallic Silver, 52000 mls, leather, air con, alloys, CD, hard top, r/lock, radio stereo .....   | £4499  |  |
| Ford Mondeo 2.0 TDCI 115 Zetec Diesel, 2006, Metallic Silver, 48000 mls, air con, alloys, CD, r/lock .....  | £3999  |  |
| <b>Honda</b>  |        |  |
| Honda Accord 2.0 EX Estate, 2006/55, Metallic Blue, 60000 mls, leather, air con, alloys, CD, cruise, r/lock .....   | £5699  |  |
| <b>Hyundai</b>  |        |  |
| Hyundai Tucson 2.0 GSi, 2006, Brilliant Black, 56000 mls, air con, alloys, tints, CD, r/lock, tilt wheel .....  | £5699  |  |
| Hyundai Coupe SIII 2.0 Coupe, 2008/58, Metallic Silver, 33000 mls, leather, air con, alloys, CD .....   | £7499  |  |
| <b>Kia</b>  |        |  |
| Kia Sportage 2.0 XS Station Wagon, 2007/57, Brilliant Black, 40000 mls, leather, alloys, air con, CD, r/lock .....  | £8699  |  |
| Kia Sedona 2.9 CRDI LS Automatic MPV, 2008, Brilliant Black, 38000 mls, 7 seats, electric doors, r/lock, air con, folding seats .....   | £8799  |  |
| Kia Sedona 2.9 CRDI SE 7 Seat, 2005/55, Metallic Silver, 57000 mls, leather, air con, alloys, CD .....  | £5999  |  |
| <b>Landrover</b>  |        |  |
| Landrover Freelander 2.0 TD4 Sport Auto 3dr, 2005, Brilliant Black, 74000 mls, leather, alloys, CD .....  | £6999  |  |
| <b>Lexus</b>  |        |  |
| Lexus GS 300 SE Auto, 2005, Metallic Blue, 14000 mls, sat nav, leather, alloys, CD, cruise, heated seats, memory seats, electric wheel adjust, rear head rests, .....                       | £10999 |  |
| <b>Mini</b>   |        |  |
| Mini Cooper S, 2003, British Racing Green, 60000 mls, leather, air con, alloys, sunroof, r/lock, CD, .....  | £5499  |  |
| <b>Mazda</b>  |        |  |
| Mazda 5 1.8 TS 2 MPV, 2008/58, Metallic Silver, 18000 mls, air con, CD, 7 seats, r/lock, alloys, fogs .....   | £7899  |  |
| Mazda 5 2.0 Diesel Sport 7 Seats, 2007/57, Metallic Silver, 47000 mls, air con, alloys, CD, r/lock .....  | £7499  |  |
| Mazda 5 Diesel TS, 2006/55, Metallic Silver, 56000 mls, air con, 7 seats, alloys, CD, r/lock, air bags .....  | £5999  |  |
| <b>Mercedes</b>   |        |  |
| Mercedes A Class 150 Elegance Se Auto, 2005, Metallic Silver, 19000 mls, air con, CD, m/f wheel, alloys, e/windows, mirrors, folding seats .....  | £7499  |  |
| Mercedes Benz C180 K Auto Avantgarde SE, 2006, Metallic Silver, 46000 mls, climate, leather, alloys, rear rests, CD, r/lock, e/windows, fogs, .....   | £8499  |  |
| Mercedes C180 K Saloon Auto, 2005/55, Metallic Silver, 31000 mls, air con, alloys, CD, cruise, r/lock .....   | £7499  |  |
| Mercedes C180 Auto Avantgarde Se Est, 2007, Metallic Silver, 32000 mls, leather, alloys, CD, cruise, roof rails, r/lock, folding seats .....  | £9799  |  |
| Mercedes C200 2.1 CDI Elegance SE Auto, 2004/54, Metallic Silver, 66000 mls, leather, cruise, alloys, CD, r/lock, fogs, e/seats .....   | £7499  |  |
| Mercedes Benz C180 Kompressor Avantgarde Auto, 2007, Metallic Silver, 56000 mls, air con, CD, cruise, alloys, leather, r/lock .....   | £8499  |  |
| Mercedes Benz C200 1.8 K Auto, 2003, Metallic Silver, 60000 mls, leather, alloys, CD, cruise, air con .....   | £4999  |  |
| Mercedes C200 Diesel SE, 2002/52, Metallic Silver, 63000 mls, air con, alloys, CD, cruise, r/lock .....   | £7499  |  |
| Mercedes C200K SE Coupe Auto, 2006, Metallic Blue, 52000 mls, air con, alloys, CD, cruise, r/lock .....   | £5499  |  |
| Mercedes CLK 2.6 240 Avantgarde Auto Coupe, 2002, Metallic Silver, 79000 mls, leather, air con, alloys, CD, cruise control, r/lock .....  | £5499  |  |
| Mercedes CLK 320 Elegance Auto Convertible, 2002/52, Metallic Silver, 76000 mls, leather, air con, electric roof, alloys, CD player .....   | £9999  |  |
| Mercedes CLK 2.7 CDI Avantgarde Coupe Auto, 2005/55, Metallic Silver, 41000 mls, leather, alloys, CD, cruise control, air con, r/lock, .....  | £8999  |  |
| Mercedes CLK 240 Elegance Auto Coupe, 2002/52, Metallic Silver, 38000 mls, leather, alloys, air con, CD, r/lock, cruise control, speed limiter, .....                                       | £6499  |  |
| Mercedes CLK 240 2.6 Coupe Auto Avantgarde, 2004, Metallic Silver, 53000 mls, leather, air con, alloys, CD, cruise, r/lock .....  | £8899  |  |
| Mercedes E270 CDI Avantgarde Auto 2003/53, Brilliant Black, 56000 mls, climate control, alloys, CD player, PDC, rear rests, leather, pan roof, .....  | £9399  |  |
| Mercedes E320 CDI Auto, 2004/53, Tea light Blue Metallic, 67000 mls, leather, air con, alloys, CD, cruise, speed limiter, wood pack, .....  | £7999  |  |
| Mercedes E320 CDI Avantgarde Auto, 2003, Metallic Silver, 50000 mls, l owner, leather, air con, alloys, CD, cruise, CD, r/lock .....  | £8499  |  |
| Mercedes E320 CDI Auto Avantgarde, 2005/54, Metallic Black, 50000 mls, leather, air con, alloys, cruise control, speed limiter, CD player .....   | £8499  |  |
| Mercedes SLK 230 Kompressor 1999, Metallic Silver, 74000 mls, leather, electric roof, CD player, Air con .....  | £5399  |  |
| Mercedes SLK 200 Kompressor Auto, 2004, Metallic Silver, 53000 mls, air con, alloys, CD, e/roof, .....  | £8399  |  |
| Mercedes Benz SLK 200 Kompressor Auto, 2003, Metallic Silver, 29000 mls, leather, alloys, e/roof, r/lock, CD player, tilt wheel, .....  | £8399  |  |
| Mercedes Benz SLK 1.8 200K Roadster, 2007, Metallic Blue, 70000 mls, leather, air con, alloys, CD, cruise, r/lock, alloys, e/roof, .....  | £10999 |  |
| Mercedes Benz SL 3.2 V6 Auto Convertible, 2001/Y, Metallic Silver, 59000 mls, leather, alloys, hard and soft top, air con, r/lock, CD, cruise, electric seats, fogs .....                   | £8999  |  |
| Mercedes Benz CLK 200 Kompressor Elegance Auto, 2002/52, Metallic Silver, 50000 mls, leather, cruise control, speed limiter, PDC, CD player, alloys .....                                   | £6999  |  |
| Mercedes Benz R320 CDI Auto, 2006, Metallic Blue, 45000 mls, leather, sat nav, alloys, CD, r/lock, cruise, fogs, 7 seats, rear entertainment, cruise control .....                          | £14499 |  |
| Mercedes ML 6.2 AMG, 2007, Metallic Blue, 40000 mls, leather, sat nav, alloys, CD, cruise, electric seats body spoilers, r/lock, heated seats, cruise control, .....                        | £32999 |  |
| <b>Mitsubishi</b>   |        |  |
| Mitsubishi L200 4-Life Diesel Pickup, 2003, Black/Silver, 59000 mls, air con, CD, alloys, crew cab .....  | £5999  |  |
| Mitsubishi Outlander 2.4 Sport Auto, 2006, Metallic Silver, 50000 mls, leather, air con, alloys, CD .....   | £4999  |  |
| Mitsubishi Colt CZC2 Convertible, 2007/57, Brilliant black, 18000 mls, CD, alloys, e/windows, r/lock .....  | £5699  |  |
| <b>Nissan</b>   |        |  |
| Nissan X Trail 2.0 S 5 Dr, 2004/53, Metallic Red, 71000 mls, air con, alloys, CD, r/lock, roof rails .....  | £4999  |  |
| Nissan Micra 1.4 SVE Auto, 2004/54, Metallic Silver, 16000 mls, air con, CD, alloys, r/lock, air bags .....   | £4499  |  |
| <b>Peugeot</b>  |        |  |
| Peugeot 1007 Sport Sport, 2006, Metallic Grey, 42000 mls, air con, CD, alloys, r/lock, pas, e/windows .....   | £4399  |  |
| Peugeot 207 16V Sport Cab, 2007, Brilliant Black, 40000 mls, air con, alloys, CD, e/roof, tints, e/wind .....   | £5499  |  |
| Peugeot 307 2.0 SE Cab, 2005, Metallic Silver, 62000 mls, leather, air con, alloys, CD, e/roof, r/lock .....  | £5299  |  |
| Peugeot 307 2.0 Convertible, 2004/54, Metallic Blue, 62000 mls, leather, alloys, tints, e/roof, CD .....  | £4899  |  |
| Peugeot 407 2.0 HDi 138 SE, 2006, Metallic Blue, 60000 mls, air con, alloys, tints CD, r/lock, rear rest .....  | £4999  |  |
| Peugeot 407 SW 2.2 Auto SE Estate, 2009/58, Metallic Blue, 38000 mls, leather, pan roof, alloys .....   | £7999  |  |
| Peugeot 407 3.0 Coupe 6 Spd, 2005/55, Metallic Silver, leather, air con, h/seats, e/seats, CD, cruise .....   | £5999  |  |
| <b>Porsche</b>  |        |  |
| Porsche 911 Carrera S Tiptronic Coupe, 1998, Metallic Black, 83000 mls, leather, alloys, CD, r/lock .....   | £11999 |  |
| <b>Rover</b>  |        |  |
| Rover 75 2.5 Contemporary SE, 2004, Metallic Silver, 48000 mls, leather, alloys, CD, r/lock, air con .....  | £3499  |  |
| <b>Renault</b>  |        |  |
| Renault Grand Scenic VVT Dynamique Auto, 2007, Metallic Grey, 16000 mls, leather, alloys, CD, .....   | £5499  |  |
| Renault Megane 1.6 Dynamique convertible, 2006, Metallic Blue, 52000 mls, air con, alloys, CD, e/roof, air bags, fog lights, .....  | £5999  |  |
| Renault Megane Diesel 1.9 Dynamique convertible, 2006, Metallic Grey, 31000 mls, air con, CD player, alloys, .....  | £5799  |  |
| Renault Megane 1.9 DCI 130 Dynamique Convertible, 2007, Metallic Silver, 40000 mls, leather, air con, alloys, electric roof, CD, .....  | £6499  |  |
| Renault Grand Espace 2.2 Diesel Privilege, 2005/55, Metallic Silver, 63000 mls, leather, air con, 7 seats, CD, .....  | £5699  |  |
| <b>Saab</b>   |        |  |
| Saab 9.3 1.9 Diesel Vector Auto Sport, 2007, Metallic Silver, 38000 mls, leather, CD, alloys, cruise, .....   | £7899  |  |
| Saab 9.3 2.0 Vector Convertible, 2004/54, Metallic Blue, 35000 mls, air con, leather, r/lock, electric roof, .....  | £6999  |  |
| Saab 9.5 Vector Sport T 2.0 Auto, 2005/55, Metallic Grey, 32000 mls, climate control, r/lock, alloys, rear rests, cup holders, storage pack .....   | £4999  |  |
| Saab 9.3 1.8 T Vector, 2004/54, Metallic Blue, 32000 mls, Air Con, Alloys, R/lock, CD, Air Bags, M/F Wheel .....  | £5299  |  |
| Saab 9.5 1.9 TD 150 Vector Sport Estate, 2008, Metallic Silver, 71000 mls, leather, CD, air con, alloys .....   | £6699  |  |
| <b>Skoda</b>  |        |  |
| Skoda Octavia Auto Diesel Elegance, 2005/55, Metallic Mink, 61000 mls, air con, CD, alloys, r/lock .....  | £6299  |  |
| <b>Suzuki</b>   |        |  |
| Suzuki Grand Vitara 5dr Estate 1.6V 2006, Metallic Silver, 60000 mls, air con, alloys, CD, r/lock, .....  | £6499  |  |
| <b>Subaru</b>   |        |  |
| Subaru Forester XT Estate, 2003, Metallic Blue/Grey, 65000 mls, leather, air con, alloys, rails, CD .....   | £5999  |  |
| <b>Toyota</b>   |        |  |
| Toyota Yaris 1.3T Sport Auto, 2005, Metallic Silver, 11000 mls, air con, alloys, CD, r/lock, fogs .....   | £4499  |  |
| Toyota Rav 4 XT3, 5 Dr, 2004, 36000 mls, Metallic Red/Grey, air con, alloys, sunroof, wheel cover .....   | £7499  |  |
| Toyota Corolla 1.6 VVT T Spirit 5 Dr Auto, 2006, Brilliant Red, 42000 mls, air con, alloys, CD, r/lock, sat nav, aluminium pack, .....  | £6199  |  |
| Toyota Corolla Verso VVTI T3, 2004/54, Metallic Silver, 53000 mls, air con, alloys, 7 seats, CD, rails .....  | £5499  |  |
| <b>Vauxhall</b>   |        |  |
| Vauxhall Zafira 1.9 CDTI Elite MPV, 2010, Metallic Black, 28000 mls, leather, CD, air con, alloys .....   | £10499 |  |
| Vauxhall Zafira 1.8 SRI MPV, 2007, Brilliant Black, 36000 mls, air con, alloys, CD, r/lock, tints, 7 seats .....  | £6499  |  |
| Vauxhall Tigra 1.8 Exclusive convertible, 2006/56, brilliant black, 52000 mls, e/roof, air con, aluminium pack .....  | £5899  |  |
| Vauxhall Tigra 1.8 Sport Convertible, 2004/54, Metallic Blue, 55000 mls, leather, air con, electric roof, r/lock, alloys .....  | £4699  |  |
| Vauxhall Astra 1.6 Twin Top Convertible, 2007/57, Metallic Silver, 23000 mls, air con, electric roof, alloys, fogs, .....   | £7399  |  |
| Vauxhall Meriva 1.3 CDTI 16v Life MPV, 2008/57, Brilliant Black, 42000 mls, air con, r/lock, CD .....   | £4999  |  |
| <b>Volkswagen</b>   |        |  |
| Volkswagen Phaeton 3.0 Diesel V6 4 Motion, 2008/58, Brilliant Black, 53000 mls, leather, CD, e/seats folding mirrors, cruise control, heated seats, m/f/wheel, alloys, .....                | £15999 |  |
| Volkswagen Passat 2.0 TDI 170 SEL DSG, 2006/56, Brilliant Black, 24000 mls, leather, sat nav, alloys, CD, r/lock, alloys, fogs .....  | £9999  |  |
| <b>Volvo</b>  |        |  |
| Volvo S60 2.0T SE, 2006, Metallic Silver, 42000 mls, leather, alloys, CD, r/lock, fogs, air con, alloys .....   | £6499  |  |
| Volvo C30 Diesel Se Sport Design, 2008, Brilliant Black, 51000 mls, leather, air con, alloys, CD, r/lock .....  | £9999  |  |
| Volvo S60 2.0T SE Auto, 2004, Metallic Silver Mink, 68000 mls, leather, alloys, CD, cruise, r/lock .....  | £3499  |  |
| Volvo S80 2.8 T6 SE Geartronic, 2001/51, 45000 mls, leather, climate, alloys, tints, r/CD player, rear head rests .....   | £3399  |  |
| Volvo C70 Se Geartronic convertible Auto, 2006, Metallic Silver, 33000 mls, leather, e/roof, memory seats, air conditioning, CD player, alloys, abs, pas, cruise control .....              | £9999  |  |
| Volvo C70 2.0 Convertible, 2005, Metallic Grey, 72000 mls, leather, alloys, CD, e/roof, r/lock, tilt wheel .....  | £4899  |  |
| Volvo V50 D Se Estate, 2005/55, Metallic Blue, 64000 mls, leather, air con, alloys, CD, roof rails, r/lock .....  | £7899  |  |

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# Amazing Results!!!

**ANITA Member No 118644**

**Lost 4 stone 5lb and 60 ¾ inches**

**Body Fat Reduced**

**BMI was 49.1 now 38.9**

As with most stories of weight loss there is always a trigger and mine was In January 2010 when my husband of 21 years told me I was too fat and he didn't fancy me anymore. Before I could really do much about it, in January I fell in the snow and ended up trapping my sciatic nerve, then due to my posture following the fall another nerve in the middle of my back. This meant I was in absolute agony, taking a cocktail of pills, including diazapan and on crutches. The highlight of my week was having physio and the relief that being placed in traction gave me!

I came off crutches in June 2010 and was determined to lose weight and get fit and then hopefully keep my husband! I had been advised that I could not go to a traditional gym as my back was still recovering and that pounding on a treadmill or a cross trainer would not be good for me.

I read about Gymophobics in the newspaper and after a couple of weeks deliberating decided to go and have a Guest visit. The instructors were very friendly and helpful and understood my need not to stress my back in any way. I started off slowly, taking it easy and then they progressed me through different programmes as I was strengthening my muscles. I have now lost 4 stone 5lbs and amaze everyone with the air pressure that I can now achieve, who would have believed it! I also now take part in a Zumba class twice a week, which is great fun and something I would never ever have dreamt was possible.

My husband left in September 2010!! any way everyone at Gymophobics were really supportive. I still have quite a bit of weight to lose but I am now doing it for myself and no one else. I look better and feel incredible and I am fitter than I have ever been. This last year has been incredibly tough for me but I have made some lovely friends through Gymophobics, both instructors and the other ladies. They have cheered me up when I was down, listened to me when I needed to talk but most of all encouraged me all the way to get me to where I am today. I now combine my sessions at Gymophobics with sessions on the 'shakey machine' (vibro plate) and I am well on my way to achieving everything I never really believed I could achieve, until now.

Did I forget to mention I also have a new man in my life who is amazing!!

What a difference 15 months can make!

Anita Kempster Skinner

**Carole 97314**

**Lost 2 stone 7lb**

**Lost 24.75"**

**Body Fat reduced by 5.4%**

**Bmi reduced by 4.8%**

I joined Gymophobics in July 2009 and I am still currently a member. I have enjoyed it from the day I started as my programmes are consistently changed every 8 - 10 weeks to help keep me keen and motivated. I feel so much fitter and healthier by doing the Circuit 3 - 4 times a week and my figure has re shaped itself in all the right areas.

In January 2011 Gymophobics started the 54321 Slimming Club so I decided to join. I have tried many Slimming Clubs before but found them so restricting and fiddly - counting calories and weighing food is not for me. I attended the slimming club weekly and carried on my normal routine in the gym and watched my weight steadily come off by 1 - 2lbs a week and to date I have now lost over 2 stone 7lb and I have reached my target weight.

I feel and look fantastic and believe me shopping for clothes is no longer a chore plus I am enjoying all the compliments.

If I can achieve these results believe me you can to.

**May 118571**

**Lost 2st 8lb**

**Lost 32.5"**

**Body Fat reduced by 5% Bmi reduced by 7.1**

A friend encouraged me to go along and have a Guest visit at Gymophobics Banbury but I must admit I was very sceptical as I had not done any exercise for over 40 Years. After my Guest visit I decided to join! I soon got myself into the routine of 3 times per week but this was made easier for me as all the instructors put you at ease and constantly make sure you are doing your exercise correctly. I was quite amazed how I could work on the machines with my program, bearing in mind I am 68 years old, so they started my program off fairly easy and every 8 -10 weeks after I would have a reassessment where my measurements and everything was checked and the my program was changed. The friendly staff, attentiveness and the whole atmosphere at Gymophobics has helped me to lose just over 2 stone 8lb plus I have dropped from a dress size 22 to a normal size 14 and this is without any strict dieting. I feel amazing within myself and I have re-gained myself confidence. I would recommend this to all ladies that think there is no point in exercising as I am proof in the pudding.

**DEBBIE  
126253**

**Lost 2 stone 5lb**

**Lost 38.25"**

**Body Fat reduced**

**4.8%**

**Bmi Reduced**

**5.7**



**Before**



**After**

**CLAIRE  
126253**

**Lost 3st 5lb**

**Lost 42"**

**Bmi reduced by**

**8 points**



**Before**



**After**

**Lets us help you achieve the figure you deserve in weeks... NOT MONTHS & it's fun and easy to do!**

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**Gymophobics**  
THE 30 MINUTE WORKOUT



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